

## **Invitation for a Focus Groups Study:**

### **“Insights of women using the Billings Ovulation Method®: a study using focus groups.”**

Dear Billings Users,

We are inviting women who have completed the Billings training course and are current users of the Billings Ovulation Method® to become part of a virtual focus group study. The purpose of this focus group is to learn about your experiences using the Billings Ovulation Method®. We would like to better understand how you feel about it, how you use it and how it may or may not impact other areas of your life. We will use this information to understand the experiences of the Billings Ovulation users, which will help improve the way the Billings Ovulation Method® is taught and delivered. You can participate even if you are not using the method perfectly.

Participation in this study will involve completing a brief (<10 minute) telephone enrollment call and participating in a virtual focus group discussion. The focus group discussion will last about 90 minutes and be done remotely over Zoom (a videoconference platform). We are expecting to have approximately six women in each group, and we will record the session. We will ask all the participants to keep what is said in the group confidential. Your Billings Ovulation Method® instructor will not be present during the virtual meeting. Your name will not be included in any reports or presentations about what we learn in these focus groups.

We know that your time is valuable, and to thank you for providing your insight and time to us, we will be providing a \$30 gift card to you. Your participation in this study is completely voluntary and will not affect or change anything about how you use the method or your relationship with your Billings Instructor.

If you are interested in participating in this study or have questions, please contact Montserrat Ayala-Ramirez by email ([mayala1015@outlook.com](mailto:mayala1015@outlook.com)) or by telephone or text (832) 863-4422

Many thanks!

The Research Team

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